

## Dental Cleaning Coquitlam

Specialized oral cleanings are generally executed by registered dental hygienists and are usually accomplished following your initial dental examination. The first step in the cleaning process is the extracting of calculus or tartar. Tartar is plaque that has solidified over an extended period of time and is now firmly fixed onto the exterior of the tooth. Calculus forms beneath and on top of the gum line and can only be eliminated with specific dental tools.

Eliminating plaque is the very next stage. Plaque is the thin sticky almost transparent film that forms on the teeth. It's a colony of living germs, saliva, and also food particles. The microbes aggravate and inflame the gums and are a prime indication of periodontal illness.

Polishing the teeth is the very last step of a professional cleaning. Polishing removes exterior stains and plaque accruals that have not been removed with your regular brushing program.